Straw Jump Rope

Kit contains:

- 9 drinking straws
- 2 wider straw halves
- nylon string
- 1 smiley bead

You will need: scissors, tape, and a stopwatch (optional).

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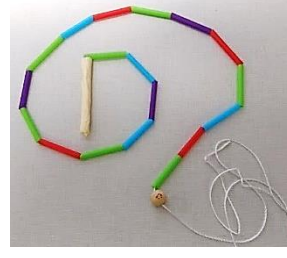
INSTRUCTIONS

Step 1. Cut your 9 skinny drinking straws into pieces measuring 1.5 to 2 inches long. (Do NOT cut the wider straw halves.)

Step 2. Line up your straw pieces into two equal rows.

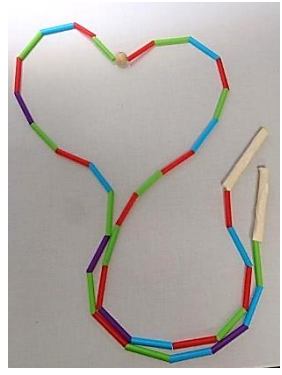
Step 3. Make your first handle. Thread one end of the nylon string through a wide straw half. Tie it tightly. Then cover straw and knot in tape. The string is slippery, so this will prevent unknotting.

Step 4. Thread your first row of straw pieces onto the string, add the smiley bead, and then thread your second row of straw pieces.



Step 5. Make your second handle. Tie on the second wide straw half and cover in tape.

Your jump rope is done, so try it out! The wooden bead should give it just a bit of weight in the middle for a nice rotation.



JUMPING ROPE IS GOOD FOR YOUR HEART!

We need physical exercise to stay healthy. Kids ages 3–5 should have tons of opportunities to move around. Kids between 6 and 17 should get at least an hour of moderate to vigorous physical activity per day. Most of it should be **aerobic**, which means it increases heart rate and the body's use of oxygen. Jumping rope is a vigorous aerobic activity that's awesome for your cardiovascular health.

JUMP ROPE & COLLECT DATA

Before you begin, find your resting heartrate. Press the tips of your first two fingers lightly on the inside of your opposite wrist below the thumb. Count your heartbeats for 30 seconds. Multiply by 2 to get your pulse in beats per minute (bpm).

Resting heartrate: _____ bpm

Jump rope for 1 minute.

Total jumps: _____ **Heartrate:** _____ bpm

Jump rope for 1 minute.

Total jumps: _____ **Heartrate:** _____ bpm

Jump rope for 1 minute.

Total jumps: _____ **Heartrate:** _____ bpm

Source: American Heart Association: heart.org